

DAFTAR PUSTAKA

- AF, Cendrawasih (2014). *Anatomi leher dan kepala* diakses di www.eLisa.ugm.ac.id . diakses tanggal 1 februari 2019. Vol 3 No 1
- Airi Firdausia Kudsi (2015), *Faktor-faktor yang Mempengaruhi Kejadian Nyeri Leher pada Operator Komputer*. Fakultas Kedokteran, Universitas Negeri Lampung
- Algarni (2017). *The Prevalence of and Factors Associated with Neck, Shoulder, and Low-Back Pains among Medical Students at University Hospitals in Central Saudi Arabia Abdulrahman*. Volume 9(18)
- Anatomi Leher*, diakses di www.atlasofanatomy.com pada 28 Januari 2019
- Arikunto, S (2013). *Prosedur penelitian : Suatu pendekatan Praktik Rineka Cipa*. Jakarta
- Artner.J (2013), Prevalence of sleep deprivation in patients with chronic neck and back pain: a retrospective evaluation of 1016 patients. *Journal of Pain Research* (6)1–6
- Astutik, S (2015). *Hubungan antara disign kursi kerja dengan keluhan nyeri punggung bawah pada pekerja bagian penenunan* . CV. Pirsart Pekalongan.Vol 4 no 1
- Ayesha Malik (2017) et.al . Prevalence of Neck Pain among Undergraduate Students of Lahore. *International Journal of Scientific & Engineering Research* Volume 8, Issue 10. [://www.ijser.org](http://www.ijser.org)
- Aziz, S (2016). Effectiveness Of Mc Kenzie Exercise In reducing Neck And Back Pain Among Madrassa Student. *Int Jorunal Physiotherapy*.Vol 2(1), Hal 78-85
- Bambang safira,D & Nuraini,T (2017). *Kejadian Excessive Daytime Sleepiness (Eds) Dan Kualitas Tidur Pada Medis Kesehatan*, 20.(2), hal 94-101
- Blank, Y (2015). *The effects of changes in sleep schedule variability on first-year college student*.*ProQuest Dissertations & These Global*. American Family Physician, 79 (5), 391–396.
- Brett A. Dolezal (2017). *Interrelationship between Sleep and Exercise*. Hindawi Advance In preventive Medicine 19-22 (19)
- Desta (2017). *Kejadian Excessive daytime Sleepness (EDS) dan Kualitas tidur pada Medis Kesehatan*. Fakultas Kedokteran Universitas Negeri Lampung
- Dewi (2011). *Hubungan Anatara Bermain Internet dengan kualitas tidur*. Universitas Negeri Surakarta 15 (2)
- Gong Wu (2015). *Pillow Shape Design to Enhance the Sleep Quality of Middle-aged Groups*. Department of Industrial Design National Cheng Kung University Taiwan. (3) 4429- 4435
- Gordon H (2010). *Menstrual Cycle Affect renaldrenal and hemodynamic responses during prolonged standing in the postural ortgostatic thachiyardia syndrome*. 56 (1),82-92

Hadist Rasulullah tentang posisi tidur, diakses di <https://almanhaj.or.id/2915-tidur-dalam-tatanan-sunnah.html>, pada 02 maret 2019

Hanney, William J. Dkk (2011). *Neck Pain: Exercise and Training Considerations* University of Central Florida, Orlando, Florida; and Florida Hospital Sports Medicine and Rehabilitation, Orlando, Florida , National Strength and Conditioning Association 33.(3).

Hansraj K, (2014). Assessment of stresses in the cervical spine caused by posture and position of the head . Surgical technology international. *BMC Musculoskeletal Disorders*. Vol 12 No 1

Hantoro , Wahyu D (2016). *Uji Reliabilitas dan Validitas Komponen Digit Span Test*. Research Neck Pain & Postural.

Hartaji, Damar A (2012). *Motivasi Berprestasi Pada Medis yang Berkuliah Dengan Jurusan Pilihan Orangtua*. Fakultas Psikologi Universitas Gunadarma.

Hershner SD, Chervin RD (2014), Causes and consequences of sleepiness among college students. *Journal Nature and Science of Sleep*; 6:73-84.

Ida Bagus Gde Bayu Belayana (2014). *Hubungan Faktor Waktu Kerja, Waktu Istirahat Dan Sikap Kerja Terhadap Keluhan Nyeri Tenguk Pada Pengerajin Ukiran Kayu*. Jepara

Ingebrigt Meisingset (2015). Evidence for a general stiffening motor control pattern in Neck Pain: a cross sectional study. *J Orthop Sport Physio Therapy* (12) Hal 34-44

Jiyoung Kim (2018). Effects of McKenzie exercise, Kinesio taping, and myofascial release on the forward head posture. *Journal Kangwon National University*.30: 1103–1107

Juraj A, Dkk. (2013). *Prevalence of sleep deprivation in patients with chronic neck and back pain: a retrospective evaluation of 1016 patients* . Volume 6 page 1-6

Karen, Susan J Gordon, Somers,G (2010). Pillow use: the behavior of cervical stiffness, headache and scapular/arm pain. *Journal of Pain Research* 3 137–145
Correspondence: Susan Gordon Discipline of Physiotherapy, James Cook University, Townsville, Australia

Kristjansson E, Treleaven J (2009). Sensorimotor function and dizziness in Neck Pain: implications for assessment and management. *Journal Orthopedi Sport PhysioTherapy*. 39(5):364-77.

Kusnaldi, H. Haryanto,J (2011). *Aromacare Melati Meningkatkan Pemenuhan Kebutuhan Tidur Pada Lansia*, Universitas Airlangga, Surabaya.

Lee MY (2016). *The effect of cervical stabilization exercise on active joint position sense: A randomized controlled trial*. Kangwon National University.29(1):85-8

Lee, Myoung-Hyo (2013). *Effects of Neck Exercise on High-School Students' Neck–Shoulder Posture*. Jorunal Physioterapi.Sci.

- Lee, Won-HWee (2017) Effect of sleep posture on neck muscle activity. Department of Public Health Administration, Jeonju Vision College, *Republic of Korea Journal Physioterapy*. 29: 1021–1024
- Lin (2015). Comparison of the effects of muscle stretching exercises and cupping therapy on pain thresholds, cervical range of motion and angle: a cross-over study. *Journal BMC Complement Altern Medical*. 6 (2), 83-89
- Marieb & Hoehn (2017). *Anatomy Physcology, 6th Edition*. Mount Royal University
- Maryam Saadat,DKk (2018). Postural stability in patients with non-specific chronic Neck Pain: A comparative study with healthy . *Medical Journal Of the Islamic Republic Of Iran*. 4(24) hal 13-15
- Munawwarah, M. Lesmana. Syahmirza Indra. (2014), Gambaran Prevalensi Gangguan Muskuloskeletal Pada Medis Universitas Esa Unggul; *Forum Ilmiah Fisioterapi Esa Unggul* Vol 11 Nomer 1
- N. Machado (2017). Prevalence and factors associated with Neck Pain:apopulation-based study Caio Vitor Dos Santos Genebraa. *Brazilian Journal Of Physiotherapy*. 21(4):274
- Nevein M and Nashwa S Hami (2013). Prevalence of mechanical Neck Pain in Taif university female students. *Journal of American Science* 9(6)
- Pagel (2009). *Human Language as a Cuklturally transmited replicator*. 10(6):405. University Of Reading
- Potter & Perry (2009). *Fundamental of nursing fundamental*, Edisi 7. Jakarta : Salemba Medika
- Rahim, AH (2012). Vetebra. Jakarta: CV Sagung Seto. Saladin (2017). *Human Anatomy , 5 th Edition*. McGraw-Hill.
- Rohmaningsih (2013). *Hubungan antara Kualitas Tidur dengan Tingkat Kecemasan Studi pada Medis /i Angkatan 2011 Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Diponegoro . Semarang.*
- Screening *Gangguan Atensi Anak Usia Sekolah Dasar*. Electronic theses & dissertions (ETD) diperoleh dari repository.ugm.ac.id diakses tanggal 24 November 2018
- Sujan (2010). *Instan Notes In sport and Exercise biomechanics*. SAE International
- Sulistiyani, C (2012). Beberapa Faktor Yang Berhubungan Dengan Kualitas Tidur Pada Medis Fakultas Kesehatan Masyarakat. Universitas Diponogoro Semarang,*Jurnal Kesmas* 1:28-92
- William (2018). Streching and Its Effect On Recovery. *Journal Of Physiotherapy* 35(05): 36